



Chicken and Waffles

 Popular

READY IN



65 min.

SERVINGS



4

CALORIES



2054 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices bacon
- ☐ 2 tablespoons cayenne pepper
- ☐ 8 slices cheddar cheese thin
- ☐ 8 chicken tenderloins
- ☐ 1 cup cornstarch
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 8 waffles plain frozen

- ☐ 1 tablespoon ground pepper black
- ☐ 0.3 cup heavy cream
- ☐ 2 teaspoons horseradish prepared
- ☐ 0.3 cup maple syrup
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon ground mustard dry
- ☐ 1 quart vegetable oil; peanut oil preferred for frying
- ☐ 1 tablespoon salt

Equipment

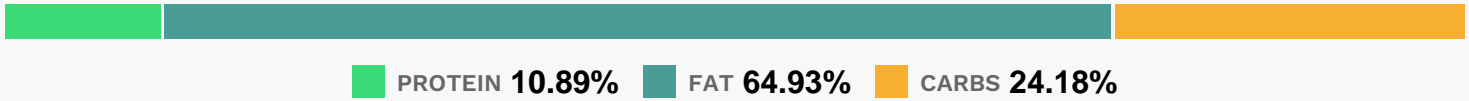
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Whisk together the eggs, cream, cayenne pepper, 1 tablespoon salt, and black pepper in a large bowl. In a paper bag, shake together the flour, cornstarch, and 1 tablespoon salt.
- ☐ Dip the chicken into the beaten egg mixture, then place into the flour mixture and shake to coat.
- ☐ Place the breaded chicken onto a wire rack; do not stack.
- ☐ Let the chicken rest for 20 minutes to allow the coating to set.
- ☐ Heat about 3 inches of oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C). In small batches, fry chicken 5 to 8 minutes until golden brown.
- ☐ Remove chicken, and drain on paper towels. Set aside or keep warm in a a low oven.

- ☐ Combine the mayonnaise, maple syrup, horseradish, and mustard powder in a medium bowl.
- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate.
- ☐ Place 4 waffles on a cookie sheet, top each waffle with 2 chicken tenders, 3 slices of bacon, and 2 slices of Cheddar. Broil the sandwich for a 3 to 5 minutes until the cheese melts.
- ☐ Spread 3 tablespoons of the maple mayonnaise on the remaining 4 waffles and place on top of the sandwich.

Nutrition Facts



Properties

Glycemic Index:71.88, Glycemic Load:40.33, Inflammation Score:-10, Nutrition Score:50.970435080321%

Nutrients (% of daily need)

Calories: 2054.34kcal (102.72%), Fat: 147.8g (227.38%), Saturated Fat: 37.25g (232.82%), Carbohydrates: 123.85g (41.28%), Net Carbohydrates: 119.83g (43.58%), Sugar: 15.65g (17.39%), Cholesterol: 363.77mg (121.26%), Sodium: 3369.24mg (146.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.76g (111.52%), Selenium: 93.62µg (133.75%), Vitamin B3: 21.39mg (106.95%), Vitamin K: 97.95µg (93.28%), Vitamin B2: 1.5mg (88.18%), Phosphorus: 873.64mg (87.36%), Vitamin B6: 1.56mg (77.82%), Vitamin E: 11.42mg (76.12%), Vitamin B1: 1.12mg (74.58%), Manganese: 1.21mg (60.47%), Vitamin A: 3001.12IU (60.02%), Folate: 217.73µg (54.43%), Iron: 9.72mg (53.98%), Calcium: 496.12mg (49.61%), Vitamin B12: 2.63µg (43.88%), Vitamin B5: 3.04mg (30.42%), Zinc: 4.38mg (29.21%), Potassium: 866.71mg (24.76%), Magnesium: 89.75mg (22.44%), Fiber: 4.02g (16.07%), Copper: 0.25mg (12.56%), Vitamin D: 1.87µg (12.45%), Vitamin C: 3.86mg (4.68%)